

joined to the short upright portion with an elbow and to the tall upright portion with an elbow; a lower housing engaging the upper platform; a lower housing cap abutting the lower housing and having an opening passing therethrough; and a bearing element adjacent to the upper platform and the lower housing cap.

*alt
cont.* An exercise device including a upper platform; a lower housing connected to the upper platform; a lower housing cap resting on and aligned with the lower housing; a bearing element resting on the lower housing cap and abutting the upper platform such that the bearing element allows the upper platform to rotate relative to the lower housing; and regulating components that control rotation between the lower housing and the upper platform.

An exercise device having a lower housing including a lower housing cap, a cylindrical base, and a rim around a periphery of the cylindrical base, the lower housing cap rests on the cylindrical base, the lower housing cap having an opening passing therethrough; a upper housing shrouding the lower housing base, the upper housing includes a platform, a cylindrical extension extending down from the platform, a handle extending upward from the platform, and a rim around an inside cavity of the cylindrical extension, the rim engages the rim of the lower housing; means for rotating the platform of the upper housing relative to the lower housing such that the lower housing remains stationary while the platform freely rotates on the lower housing, the means providing an opening passing therethrough aligned with the opening of the lower housing cap; and means for resisting rotation in communication with the lower housing and the upper housing, the means are internal to an internal space formed by the lower housing and

a1 cont.
the upper housing, the means passing through the opening in the lower housing cap and the opening in the rotating means.

Page 4, line 2, replace "depicts the invention with a punch pad in use and a stopper" with --illustrates a cross-section of Figure 3(a)--; and

a2
line 3, replace "illustrates a cross-section of Figure 3(a)" with --depicts

a3
the invention with a punch pad in use and a stopper--.

Page 6, line 6, after "injection", insert --or rotational--;

line 9, replace "120" with --110--; and

line 17, replace "100" with --110--.

Page 7, line 20, after "discs", insert --of the bearing--.

Page 9, line 15, delete "100".

Page 11, line 12, replace "___" with --121a--.

Page 15, line 28, replace "1750b" with --150b--.

Page 17, line 1, replace "130" with --130a--;

line 6, replace "and the" with --. The--, after "sections", insert --112c,

120c--;

line 7, replace "form" with --forms--, replace "119c" with --115--;

line 8, replace "119c" with --115--; and

line 10, replace "119c" with --115--.

Page 19, line 23, replace "119c" with --115--.

Page 20, line 16, replace "wrapper" with --wrapped--.

Page 21, line 19, replace "was" with --while--.

Page 23, line 26, after "111e,", insert --the block 220e--.

Page 24, line 28, after "together", insert --into one section--.

Page 25, line 18, replace "130f" with --230f--.

Page 26, line 21, after "injection", insert --or rotational--.

IN THE CLAIMS:

Please amend the following claims:

- Sub B2 at
4. (Amended) The exercise device according to claim 3, wherein
said lower housing having
a bottom surface having an opening passing therethrough,
a wall extending up from said bottom surface, and
a central passageway, said central passageway extends up from the
opening in said bottom surface, said central passageway includes
a threaded section, and
a locking section having a circular cross-section with at least one
keyway channel radially extending from said circular cross-section[.];
said upper platform having
a bottom surface,
a nesting unit extending downward from said bottom surface, said nesting
unit including an outer wall forming a recess, said nesting unit passes through the
opening of said bearing element; and
said regulating components include
friction material [encircling said compression component] in
communication with the recess of said nesting unit,